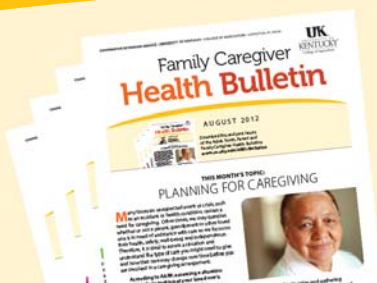


# Family Caregiver Health Bulletin

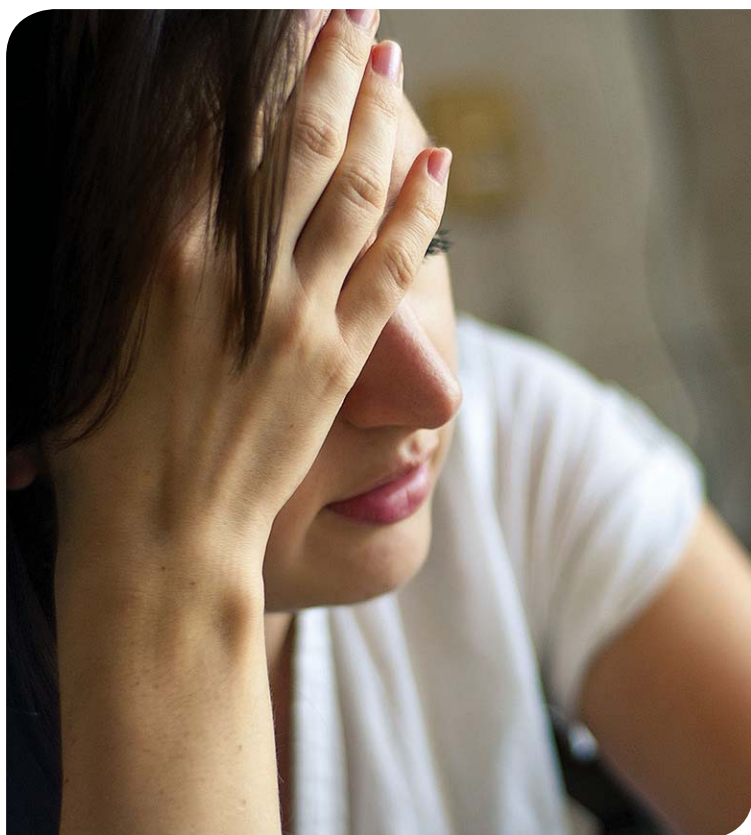


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## THIS MONTH'S TOPIC: CAREGIVER STRESS CHECK



Circle "Yes" or "No" next to each question.

Do you...

1. Feel like you have to do it all yourself and that you should be doing more?  
**Yes    No**
2. Withdraw from family, friends and activities that you used to enjoy?  
**Yes    No**
3. Worry that the person you care for is safe?  
**Yes    No**
4. Feel anxious about money and health care decisions?  
**Yes    No**
5. Have health problems that are taking a toll on you?  
**Yes    No**

Continued on the back 



# *If you are withdrawing from family, friends and activities you used to enjoy, you might be suffering from caregiver stress.*

## Continued from page 1

If you answered “yes” to any questions, you may be experiencing signs of caregiver stress. There are many things that you can do to stay healthy:

- Understand what is going on as early as possible
- Become an educated caregiver
- Ask for help
- Take care of yourself both mentally and physically
- Manage your stress
- Accept changes as they occur
- Make legal and financial plans
- Give yourself credit, not guilt
- Consult with a health care provider
- Become familiar with available community resources such as the National or Kentucky Family Caregiver Support Programs (contact your local Area Agency on Aging), Family Resource Centers at many middle and high schools, Child Protective Services under the KY Cabinet, Legal Aid Officers and Community Action Offices

*If you are suffering from caregiver stress, consult with a health care provider.*



## 10 symptoms of caregiver stress

1. Denial
2. Anger at the care recipient and the role you are playing
3. Social withdrawal from friends and activities that once brought pleasure
4. Anxiety about facing another day and what the future holds
5. Depression that begins to break your spirit and affects your ability to cope
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks
7. Sleeplessness caused by a never ending list of concerns
8. Irritability that leads to moodiness and triggers negative responses and actions
9. Lack of concentration that makes it difficult to perform familiar tasks
10. Health problems that begin to take their toll, both mentally and physically

### REFERENCES:

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- Alzheimer’s Association. (2012). [www.alz.org](http://www.alz.org)

Family Caregiver  
**Health Bulletin**

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